

Patanjali Yoga Sutra II.16

heyam dukham anagatam

'The pains which are yet to come can be and are to be avoided.'

Basic concepts for working with neck and shoulders in yoga:

- decompress anterior thoracic spine
- restore cervical concavity/ extension/ reference is T1 in?
- anchor humeral bones back into scapula
- release chest gripping
- tone and stabilize back body of shoulder girdle: rotator cuff, serratus anterior, rhomboids
- work for expansion and extension from the core of the body outward

“Always try to *extend and expand* the body. Extension and expansion bring space, and space brings freedom. Freedom is precision, and precision is divine. From freedom of the body comes freedom of the mind and then the Ultimate Freedom.”
 “While stretching, you must always create space and extend from your center. Compression is bondage, and expansion is freedom.”

-BKS Iyengar from Light on Life

